

Spot the difference

There are 8 differences in the picture below. Can you find them all?

THE BIG
MENTAL HEALTH
GET TOGETHER



If you have little ones in your life, you can use this activity to talk to them about mental health.

The pictures are based on the idea of a 'stress bucket'. When you experience different types of stress, your bucket fills up, so it's important to have activities (the "holes in the bucket") to help lighten the load.

This can be a useful way to start talking about wellbeing with children. Find out more about the stress bucket at mentalhealth-uk.org/blog/the-stress-bucket/

Answers: 1. Red flower is missing 2. Left flower is missing 3. House stripes are missing 4. Floor spots are missing 5. Different colored shoes 6. Different colored shoes 7. Different colored shoes 8. Flower on right is a different colour